



Also available  
in Spanish



*Effective Substance Abuse and  
Mental Health Programs  
for Every Community*

## DARE To Be You

DARE To Be You (DTBY) is a multilevel, primary prevention program for children 2 to 5 years old and their families. It significantly lowers the risk of future substance abuse and other high-risk activities by dramatically improving parent and child protective factors in the areas of communication, problem solving, self-esteem, and family skills. Program interventions are designed to—

- Improve parents' sense of competence and satisfaction with being a parent
- Provide parents with knowledge and understanding of appropriate child management strategies
- Improve parents' and children's relationships with families and peers
- Boost children's developmental levels

DARE To Be You program materials are available in English and Spanish.

## TARGET POPULATION

The original participants were Native American, Hispanic/Latino, African American, and White parents and their preschool children at locations across Colorado. Additional participants included siblings, Head Start teachers, day care personnel, and other supportive community members who worked with the families. Positive results held true for all sites and ethnic groups.

## Proven Results

- Increased parental effectiveness and satisfaction, maintained over 2 years\*
- Increased appropriate parental limit setting, maintained for 2 years
- Decreased parental child blaming and harsh punishment
- Increased child developmental level, maintained for at least 2 years\*

*\*Compared to control group.*

## INTERVENTION

Universal

Selective

Indicated



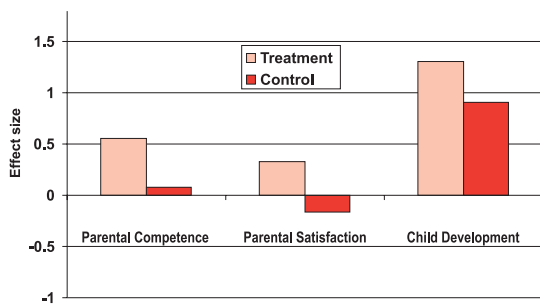
**U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES**  
Substance Abuse and Mental Health Services Administration  
Center for Substance Abuse Prevention  
[www.samhsa.gov](http://www.samhsa.gov)

## OUTCOMES

- Significantly increased satisfaction with support systems and self-sufficiency
- Better child self-management and family communication reported by families
- 45% of the families had a male father figure participate and complete the intervention

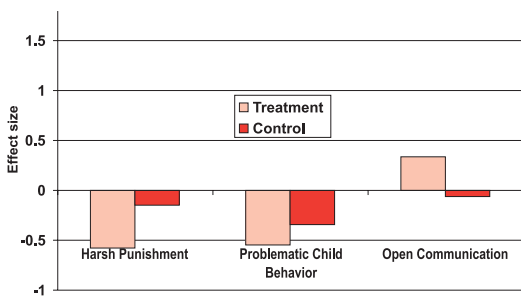
### Effect sizes for DARE To Be You

(Changes between baseline and 1-year followup; effect size of .20 is small, .50 is medium, .80 is large)



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## BENEFITS

- Improved parental competence
- Increased satisfaction with and positive attitude about being a parent
- Adoption and use of nurturing family management strategies
- Increased and appropriate use of limit setting
- Substantial decreases in parental use of harsh punishment
- Significant increases in child developmental levels

## HOW IT WORKS

The DARE To Be You program should have a site sponsor—a key agency that works with families. While the site sponsor may vary with the needs of the community, it must be respected by the community. Sponsors may be Head Start or other preschool educational programs, schools, family centers, or coalition groups. The program is delivered to families at a site convenient to the families in a location comfortable for families to attend. The program consists of three components:

- **Family Component**, which offers parent, youth, and family training and activities for teaching self-responsibility, personal and parenting efficacy, communication and social skills, and problem-solving and decisionmaking skills. It consists of an initial 12-week family workshop series (30 hours) and semiannual 12-hour reinforcing family workshops. (Post-DTBY support groups are also recommended.)
- **School Component**, which trains and supports teachers and child-care providers who work with the target youth.
- **Community Component**, which trains community members who interact with target families, local health departments, social service agencies, family center personnel, probation officers, and counselors.

Both **School** and **Community Component** participants have the same 15-hour training requirement. Training for childcare providers and involved community members will also be held at a place deemed appropriate by the site sponsor.

## IMPLEMENTATION ESSENTIALS

For the Family Component, DTBY activities require a room large enough to handle up to 45 family members and staff, 2 or more breakout rooms for 20 to 30 children, and space for the family meal. One medium-size room is needed for teacher and community member training.

A positive and nurturing staff of 3 part-time professionals is required to effectively deliver DTBY to 20 adult family members and their children (per session), including:

A **Site Coordinator** who works with referral sources; recruits, screens, hires, and supervises staff; and contracts for initial training and assists with program logistics. This 10-hour per week position requires a bachelor's degree.

The **Parent Trainer/Facilitator** conducts weekly family workshops, monthly post-DTBY, and bimonthly reinforcing workshops. This 10-hour per week position, which also requires an undergraduate degree, coordinates its parent activities with the child program staff and may provide teacher and community training. Trainers should budget 80 hours to prepare, promote, and implement the Teacher and Community Components.

A **Child Program Coordinator/Teen Trainer-Supervisor** prepares and implements the children's program; trains, monitors, and mentors teen teachers; and assists with workshop logistics. A bachelor's degree is preferred for this position that requires 10 to 12 hours a week.

**Teen Teachers** are recruited to work with the program children 3 hours a week. Two to 5 hours of clerical/administrative support will be needed.

**Evaluation Staff** is required by research design.

### Training and Materials

Three days (20 hours) of onsite implementation training for up to 35 site team members, plus 2 hours of technical assistance (TA) by telephone, is available from DTBY staff. Followup implementation/site visits (1-day minimum) and other TA packages are also available. Printed program materials available from the Colorado State University Cooperative Extension include:

- *DARE To Be You Parent and Preschool Training Guides* (English or Spanish/English)
- *DARE To Be You K-12 Substance Abuse Prevention Curriculum*
- Promotional video
- Puppet patterns or a set of all four ready-made puppets
- *DARE To Be You Community Training Manual*
- Parent and child activity booklets
- Optional program brochures, awards, and buttons
- Preschool activity kit

## Target Areas

### Protective Factors To Increase

#### Individual

- Positive personal characteristics (e.g., social and communication skills)
- Positive sense of self (e.g., competence and efficacy)
- Problem-solving skills
- Internal locus of control
- Empathy
- Autonomy
- Future orientation
- Appropriate developmental attainments and school readiness
- Enhanced socioeconomic status (through increased self-efficacy and motivation)

#### Family

- Nurturing and well-managed home environment
- Attachment to parents and extended family
- Parental satisfaction with parental role
- Positive parent-child interactions

### Risk Factors To Decrease

#### Individual

- Low parental effectiveness and satisfaction
- Poor school readiness for children entering school (low developmental level)
- Poor self-management skills
- Economically disadvantaged
- Individual mental health problems

#### Family

- Disorganized or unstable family environment
- Poor communication
- Child or self-blame attributions leading to potential abuse
- Family mental health problems

#### Community

- High levels of alcohol and drug abuse
- Pro alcohol and drug use norms

## PROGRAM BACKGROUND

The DARE To Be You program began in 1979 with a research grant from the Centers for Disease Control and Prevention, U.S. Department of Health and Human Services, to establish a community-based system to help decrease alcohol and tobacco use by youth 8 to 12 years old. In 1985, the U.S. Department of Education funded development of a K-12 curriculum and corresponding teacher training. In 1989, the Substance Abuse and Mental Health Services Administration's Center for Substance Abuse Prevention funded the development and evaluation of the component for families and their preschool youth described in this fact sheet. A 2-year project ensued, and the DTBY principles were tested with these youth as they became 10 to 14 years of age. Because of the positive results of this research, for 14 years the Colorado Department of Health included DTBY in its community team prevention efforts. Requests from both researchers and community teams led to development of the teacher training/school component and the family component.

## EVALUATION DESIGN

Families with children 2 to 5 years old were randomly selected into control and experimental groups. The parents in each group completed a battery of pretests and 1-year and 2-year followup surveys. The experimental group also completed a posttest immediately after completing a 12-week, 20-plus-hour intervention. Child program staff completed pre- and postprogram surveys on the participating youth. The survey instruments are described by our evaluation protocol (see *Outcomes*). In addition to the outcome variables measured, process measures included workshop environment scales, workshop log sheets that documented activities, staff, participants, and the environment of each workshop. Community agencies completed surveys on the program. Results included statistically significant decreases and/or delays in onset of alcohol and tobacco use in the experimental over the control peers.

## PROGRAM DEVELOPER

### **Jan Miller-Heyl, M.S.**

Jan Miller-Heyl began the DARE To Be You program in 1979. With a background in physiological, biomedical, and ecological systems research, Ms. Miller-Heyl's commitment to conduct prevention/intervention of problem behaviors with an ecological or systems approach evolved naturally. Her belief that involving entire families in the prevention/intervention process led to the commitment use incentives to increase family dosage. Over time, Ms. Miller-Heyl found that the addition of school and community components also is necessary for a successful systems approach. Following the theoretical base of Bandura, the DTBY program builds on strengths to establish efficacy.

## CONTACT INFORMATION

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Program information, including ordering forms for training and materials, will be faxed or mailed on request.

Free information that can be e-mailed as attachments or downloaded from the SAMHSA Model Programs Web site includes:

- Replication Manual
- Evaluation Protocol (Instruments are not owned by the DTBY program)
- Fidelity Instruments

## RECOGNITION

Model Program—Substance Abuse and Mental Health Services Administration, U.S.

Department of Health and Human Services

Exemplary Program—National Association of State Alcohol and Drug Abuse Directors and the National Prevention Network

Building Human Capital Award—U.S. Department of Agriculture

Distinguished Service Award—Cooperative Extension Service

Excellence in Prevention—Colorado Governor's Award

Champion for Children and Families, Individual Award—Colorado Mothers, Inc.